



YMCA WA EARLY LEARNING CENTRES

Nurturing children in body, mind and spirit



IMPORTANCE OF ONE-ON-ONE TIME WITH YOUR CHILD

As parents, there is often a lot of time spent working to provide for your family, and so it's easy to forget your time with them is also very important.

Building individual parent-child relationships are essential to all areas of development and no matter how old they get, there is always a reason to spend one-on-one time with those you love. And, it can be simple!

Here are some 'whys' about the value of making quality time happen with your child/children.

1. **It supports your child's identity** by interacting with them on a personal level. Establishing identity is important to development because it is one way to help recognise their own needs and wants and their own likes and dislikes. This also allows them to develop a trusting relationship and enables them to feel loved and secure.
2. **It helps establish richer relationships.** The small intimacies are unique and invaluable, the nicknames, caresses and loving teasing makes them feel treasured by you. These are less likely to happen and harder to do in a crowd.

3. **Because life moves fast** and we often hear "Where did the time go?" and that's exactly why you should invest in using the time to spend with them. In a blink of an eye they won't be babies or little children anymore.
4. **They can learn about values.** As children learn by imitation, one-on-one time can teach your child good values and behaviours.
5. **It builds self-esteem in children.** By giving them undivided attention it sends an important message, essentially saying: "You're important to me. I'm interested in what you have to say, and I enjoy being with you." That, to a child, means the world.

Planning time aside with your child/children will help you slow down and appreciate the time you have. It will also remind you that you are still human and that you need some time out from the busy schedule that is life.

Remember, one-on-one time does not need to be task-driven to be useful - it's often the exact opposite, it can be simple! Some activities can include; reading a story at bed time or walking through a park and pointing out what's seen.

References:

<http://www.mychildmagazine.com.au/important-spend-one-one-time-children/>

<https://www.psychologytoday.com/us/blog/once-upon-child/201507/the-value-spending-one-one-time-your-children-0>

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